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STRONG FORCE IS NEEDED ON CANAL

Finds Welsh Rabbit Worst Possible Dish

(Special to The Times-Dispatch.)

Boston, January 18.—Welsh rabbit is the most injurious substance a person can eat, according to Dr. Francis G. Benedict, director of the Carnegie Nutrition Laboratory. He believes it is even worse than small quantities of benzoate of soda and and horax and boracie acid. The only difference is that one can achieve a weird dream on a rabbit, whereas benzoate of soda does not support even imagination.

Dr. Benedict ridiculed food faddists from Fletcher down in a talk at the Massachusetts College of Pharmacy. He declared vegetarians, although they might not induige in a meat diet, were doing their best to imitate the taste and smell of it.

"Man is carnivorous and is at his best only when he lives on a meat diet," said Dr. Benedict, "notwithstanding the fact that there are exceptions to this rule."

other strategic points connected with the Panama Canal.
Colonel George W. Goethals said such a guard was necessary and urged Congress to proceed on the theory that such an addition to the army be made to protect the interests of the United States on the isthmus. Colonel Goethals pointed out that in case of war it would not be practicable to send reinforcements to the Canal Zone. An armed force must be kept there ample at all times to deal with emergencies. Colonel Goethals would have the army in an intrenched position at easy access.

Colonel Goethals's statement made a strong impression on the committee, inasmuch as it was plain from his remarks that in order adequately to guard the canal it would be necessary for the United States to enlarge the navy as well as the army.

Colonel Goethals's address before the Naval Committee came up for discussion in the House later in the day incident to the debate on the army appropriation bill. Representative Mondell, of Wyoming, expressed the belief hat if the addition to the army was used it would increase the cost of the House Committee on Naval Affairs were startled to-day when it was informed that it would take an army of 25,000 men to guard the locks and

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THE PRINTING STRAIGHT STRAIG

Announcement

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Thrown from Wagon.

Thrown from Wagon.

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wife goaded him to fury by making gesting remarks about him to other young men and finally refused to accompany him home. Smith drew a revolver, shot her to death and turned the gun upon himself in a vain attempt to end fis life.

W. Brydon Tennant Elected by Governors of Commonwealth. Club last night by the board of governors at its initial session. Following the election of officers.

W. Brydon Tennant was elected president of the Commonwealth Club last night by the board of governors at its initial session. Following the election of Mr. Tennant, the board elected in gat the top of the stairs, while a buffet dinner was spread on tables in the main dining room.

If Your Stomach is Lacking in Digestive Power, Why Not Help the Stomach Do Its Work?

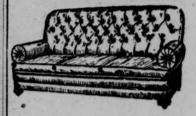
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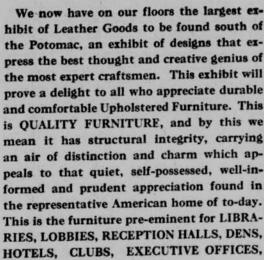
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ship, the board proceeded with the election of officers.

W. Brydon Tennant Elected by Governors of Commonwealth.

W. Brydon Tennant was elected president of the Commonwealth (but last ingit by the board of governors at its initial seasion. Following the election of Mr. Tennant, the board elected.

M. C. Branch, vice-president L. D. Aylett. secretary, and A. Warrick.

The new members of the board elected at the annual meeting of the Commonwealth Club are: John P. McGuire, L. C. Wellford, C. Barks-dale Lathrop, Julien H. Hill and W. Brydon Tennant. At the conclusion of the meeting of the club member.

THE WEATHER.

The WEATHER.

Forecast: Virginia-Fair; colders. North Carolina-Fair; slightly colders Sunday: Monday fair.

North Carolina-Fair; slightly colders Sunday: Monday: Mo January I.

Deficiency in rainfail since March I

Accum deficiency in rainfall since January I.

1.01

To Hold Silver Tea.

A silver tea for the headed Memorial building fund of the Meade Memorial morrow night at the home of Mrs. Charles T. Jones, 182 Porter Street. A program consisting of vocal and instrumental music will be rendered. Refreshments will be served. The women of the Hambridge Street Baptist Church are planning a bazaar to be the latter part of next month they will put forth every effort to make the bazaar a success and have arranged an attractive program.

Announcement of the marriage of Miss Anneumenent of the marriage of Miss Annie Lillian Jordan to Burton E. Daniels has been made. The creemony was performed at the home of the bride, 200 Marry Street. Taured ay might, by flev. R. M. White, past of the Decaute Street Methodist Church.

Negro Balled for Trial.

Negro Balled for Trial.

Negro Balled for Trial.

Negro Balled for Trial.

Negro Balled County. In the next term of the Creekerselid County, was yesterday bailed before Justice III. Advance, ball boommissioner of Cheekerselid County, was the most popular of all remedies for industry than the creek proposition is known among physicians as the most popular of all remedies for industry by the county Joseph California, and the creekerselid County. In the next term of the Creekerselid Circuit Court Joseph California, and the creekerselid Circuit Court Josep

WOMAN DISAPPEARS.

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